


# September 2023

## Charter Foundation Adult Activity Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Payment is due at time of registration. There are limits on numbers of travelers due to transportation and venue restrictions. Items in <b>yellow</b> require pre-registration.	<b>Valeri White</b> Senior Program Coordinator 705-2493 VWhite@opelika-al.gov  AAC Hours: 7:30am-4:30pm		<b>Save the Date: Tuesday, Oct. 3 is our annual Health &amp; Wellness Fair! Tons of vendors...Bubba's will be here with flu shots, cholesterol screenings sponsored by Opelika Mayor and City Council, and much more!</b>		<b>1 Registration Day</b> Billiards 8:30 a.m. <b>Upper Body Blast 8:30am (AAC)</b> Water Aerobics 9:00am (Pool) <b>Silver Sneakers Circuit 9:20am (AAC)</b> Yin Yoga 10:25am (Group)	2 Indoor Track
3 Indoor Track	4 <b>AAC Closed</b> 	5 <b>Silver Sneakers Circuit 8:15 (AAC)</b> Silver Sneakers Classic 9:20am (AAC) <b>Zumba Gold 9:20am (Group)</b> <b>AU Raptor Center 9:15 a.m. \$10+Lunch</b> Dominoes 10:00am (Computer Lab) <b>Tai Chi 10:25am (Group)</b> Balance & Stretch 11:30am (Group)	6 <b>Billiards 8:30am</b> Water Aerobics 9:00 a.m.(Pool) <b>Yoga 9:20am (Group)</b> Pilates 10:25 (Group) <b>Dance Party 11:30am (AAC)</b> SilverSneakers Classic 1pm (AAC) <b>SS Chair Yoga 2:15 p.m. (AAC)</b> Fitness Fusion 4:30pm (AAC)	7 <b>Silver Sneakers Circuit 8:15 (AAC)</b> Silver Sneakers Classic 9:20am (AAC) <b>Zumba Gold 9:20am (Group)</b> Card Game 10:00am (AAC) <b>Dominoes 10:00am (Computer Lab)</b> Qigong 10:25am (Group Room) <b>Walk to End Alzheimer Meeting 10:30 a.m</b> <b>Balance &amp; Stretch 11:30am (Group)</b>	8 Billiards 8:30 a.m. <b>Upper Body Blast 8:30am (AAC)</b> <b>AU Student Interviews 8:30 a.m.</b> Water Aerobics 9:00am (Pool) <b>Silver Sneakers Circuit 9:20am (AAC)</b> <b>Pottery Class with Dian 10 a.m. \$10</b> Yin Yoga 10:25am (Group)	9 Indoor Track
10 Indoor Track	11 <b>Billiards 8:30am</b> Water Aerobics 9:00 a.m.(Pool) <b>Card Game 9:00am (AAC)</b> Gentle Yoga 9:20am (Group) <b>Paint Pals 10am (Classroom) \$10</b> <b>South Africa Pre-Tour Meeting 10 a.m.</b> <b>Silver Sneakers Circuit 1pm (AAC)</b> <b>SS Chair Yoga 2:15pm (AAC)</b>	12 <b>Silver Sneakers Circuit 8:15 (AAC)</b> Silver Sneakers Classic 9:20am (AAC) <b>Zumba Gold 9:20am (Group)</b> Dominoes 10:00am (Computer Lab) <b>Tai Chi 10:25am (Group)</b> Balance & Stretch 11:30am (Group)	13 <b>Billiards 8:30am</b> Water Aerobics 9:00 a.m.(Pool) <b>Yoga 9:20am (Group)</b> Pilates 10:25 (Group) <b>Dance Party 11:30am (AAC)</b> SilverSneakers Classic 1pm (AAC) <b>SS Chair Yoga 2:15 p.m. (AAC)</b> Fitness Fusion 4:30pm (AAC)	14 <b>Silver Sneakers Circuit 8:15 (AAC)</b> <b>Silver Sneakers Classic 9:20am (AAC)</b> Zumba Gold 9:20am (Group) <b>Card Game 10:00am (AAC)</b> Dominoes 10:00am (Computer Lab) <b>Qigong 10:25am (Group Room)</b> <b>Half Time Show Info/Reg Meeting 10:30 a.m.</b> Balance & Stretch 11:30am (Group)	15 Billiards 8:30 a.m. <b>Upper Body Blast 8:30am (AAC)</b> Water Aerobics 9:00am (Pool) <b>Bowling 9:00am Auburn Lanes meet there \$6 + lunch includes rental shoes and ball.</b> <b>Silver Sneakers Circuit 9:20am (AAC)</b> Yin Yoga 10:25am (Group)	16 Indoor Track
17 Indoor Track	18 <b>Billiards 8:30am</b> Card Game 9:00am (AAC) <b>Gentle Yoga 9:20am (Group)</b> Silver Sneakers Circuit 1pm (AAC) <b>SS Chair Yoga 2:15pm (AAC)</b>	19 <b>Silver Sneakers Circuit 8:15 (AAC)</b> Silver Sneakers Classic 9:20am (AAC) <b>Zumba Gold 9:20am (Group)</b> <b>Harriott II Lunch Cruise 9:30 a.m. \$30</b> Dominoes 10:00am (Computer Lab) <b>Tai Chi 10:25am (Group)</b> Balance & Stretch 11:30am (Group)	20 <b>Billiards 8:30am</b> Water Aerobics 9:00 a.m.(Pool) <b>Yoga 9:20am (Group)</b> Pilates 10:25 (Group) <b>Dance Party 11:30am (AAC)</b> SilverSneakers Classic 1pm (AAC) <b>SS Chair Yoga 2:15 p.m. (AAC)</b> Fitness Fusion 4:30 p.m. (AAC)	21 <b>Silver Sneakers Circuit 8:15 AAC</b> Silver Sneakers Classic 9:20am (AAC) <b>Zumba Gold 9:20am (Group)</b> Card Game 10:00am (AAC) <b>Dominoes 10:00am (Computer Lab)</b> Qigong 10:25am (Group Room) Balance & Stretch 11:30am (Group) <b>End of Summer Dance 6-9 p.m. \$</b>	22 Billiards 8:30 a.m. <b>Upper Body Blast 8:30am (AAC)</b> Water Aerobics 9:00am (Pool) <b>Silver Sneakers Circuit 9:20am (AAC)</b> Yin Yoga 10:25am (Group)	23 Indoor Track
24 Indoor Track	25 <b>Billiards 8:30 am</b> Water Aerobics 9:00 a.m.(Pool) <b>Card Game 9:00am (AAC)</b> Gentle Yoga 9:20am (Group) <b>Silver Sneakers Circuit 1pm (AAC)</b> SS Chair Yoga 2:15pm (AAC)	26 <b>Silver Sneakers Circuit 8:15 (AAC)</b> Silver Sneakers Classic 9:20am (AAC) <b>Zumba Gold 9:20am (Group)</b> Dominoes 10:00am (Computer Lab) <b>Tai Chi 10:25am (Group)</b> Balance & Stretch 11:30am (Group)	27 <b>Billiards 8:30am</b> Water Aerobics 9:00 a.m.(Pool) <b>Yoga 9:20am (Group)</b> Pilates 10:25 (Group) <b>Dance Party 11:30am (AAC)</b> SilverSneakers Classic 1pm (AAC) <b>SS Chair Yoga 2:15 p.m. (AAC)</b> Fitness Fusion 4:30pm (AAC) <b>Final Payment St. Augustine</b>	28 <b>Silver Sneakers Circuit 8:15 AAC</b> <b>Silver Sneakers Classic 9:20am AAC</b> Zumba Gold 9:20am (Group) Card Game 10:00am (AAC) Dominoes 10:00am (Computer Lab) <b>Lunch Bunch Bob's Victory Grille 11 a.m./10:30 if need ride</b> <b>Qigong 10:25am (Group Room)</b> Balance & Stretch 11:30am (Group)	29 Billiards 8:30 a.m. <b>Upper Body Blast 8:30am (AAC)</b> Water Aerobics 9:00am (Pool) <b>Silver Sneakers Circuit 9:20am (AAC)</b> Yin Yoga 10:25am (Group)	30 Indoor Track